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ABSTRACT

A history of food gathering and food preparation techniques of Alaska natives on Atka Island in the Aleutians are presented in Western Aleut and English with illustrations by J. Leslie Boffa and Mike Dirks. Directions are given for preparing: various plants, including wild rice; salted, dried, or smoked fish; baked flour; fried dough; boiled codfish stomachs; codfish and halibut liver paste; mashed fish; partially dried fish backbones; salmon eggs; cooked seal oil; clams and mussels; sea urchings; chitons, and limpets; and ducks and other birds. (NEC)

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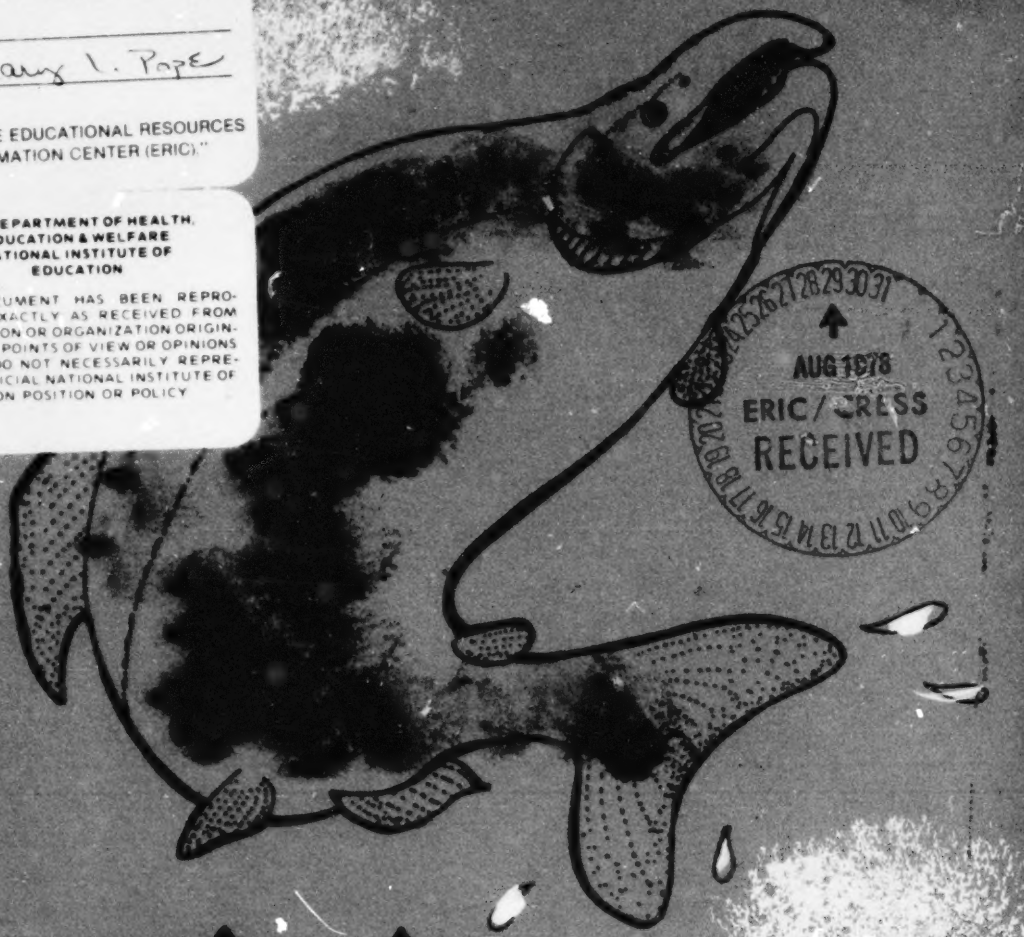

NIIĜUĜIM QALGADANGIS

ATKAN FOOD

NIIĜUĜIM QALGADANGIS

ATKAN FOOD

Developed by the Staff of the
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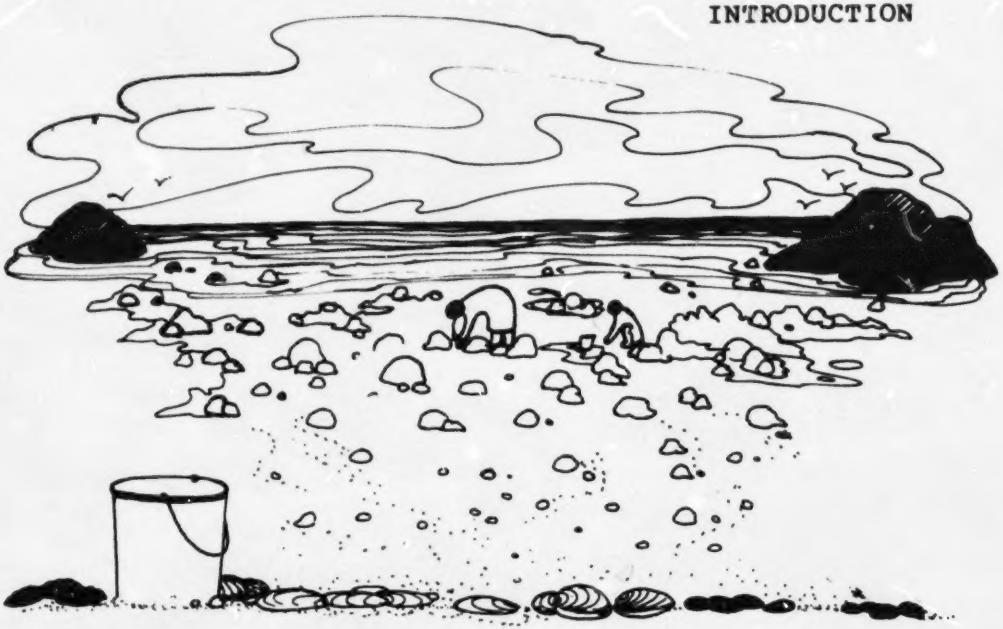
MALGAZAQANGIS

Kadim hadan anĝaĝinas wakus liidas qalganangis matanaĝulas mal, qalgadas ukunachix uhlii qaxtazanas axtanas. Alaĝum achidagaan qalgadangis agux aĝaxtal aguun taaman utal aguĝaĝizanas axtanas. Hawakus quganas ama qahngus sinigingis aguĝnas ama kusuqis lal qazanas. Akux wayaam qalgal liisnaalazalakaĝis, agux aĝaxtal aguun hawakus quganas ama kuchis kugan waygis, kyus ama chiiknas lal ilaxtangis qazanas. Aguĝilĝux malgal



ong ago our ancestors did not have food like we do today. They gathered all the food they needed for their own use. Whenever there was a low tide, the people went down to the beaches to gather sea food among the seaweeds and among the boulders. This was where they found sea urchins, limpets and chitons which they used for food.

In this day and age, people hardly eat seafood like they used to in the olden days. In those days, whenever it was low tide, our ancestors gathered blue and brown mussels off the rocks below the tide line. They dug out razor and cockle clams in certain sandy areas.

The only kind of fresh fish they caught during the winter was the Japanese perch, Irish lord and some sculpins among the boulders.

During the summers, when food was plentiful, the men would go out fishing for halibut and cod fish. These were dried and stored for the winter.

aguun kadim kadan anĝaĝinas alaĝum achidan chugum sinigan chalas ilaχtangis hilgiχtal, laχtal qamazanas.

Qan'gim aslaan anaχ mal ayuxtalqaakalakan aguun alaĝum achidagaan agacha qalgadangis qaχtaaguzazanas aχtazakus. Qan'gim aslagaan chiĝanam qangis maazalakaĝis mal kuchis quchigingis sχiigis, hmiikaayas ama araamachus chalil qazanas.

Slum aslagaan agacha qalgadas alanalakaĝis mal sluχ malgal aguun tayaĝus ayuxtal imyaχs chagis ama atxidas lal qakadguχ maqaχtazanas aχtanas. Qan'gim ngaan taxsal haaganaχ masxal aguun qazakungis mal. Haakus chiĝanam qangis ilaχtangis slum ama saaqudikinga laχtamazanas aχtakus. Adgayus ama qakiidas ama haanus chiĝanas hangal ugungis lal qakadgul ilaχtangis taxsazanas aχtakus. Slum aslagaan ilaχtaa hawakus sas hawan tiĝyum adugan ilan saahmlaĝinangis mayaaχtal chaĝil sul lazanas aχtakus. Saahmlangis agiital atxazazaqangis aχtakus. Uxchus ilaχtangis hunadix ilaan saahmlaĝikus mal hawaax igulal lazanas, qizangis ilaχtangis hawaax hiisaχtal lazanas aχtakus.

Slum aslagaan hitnisas hitikus mal, hingaan aslaan haaganaχ malgazanaĝulax. Taaĝan'gis ama saaqudas, alugas ama halgis tanam ilaan iguχtal qazanas. Pristuskis ilaχtangis alaĝum achidagaan lal qazanas. Aqadagudix hawakus qayas kanqan kingdangis kugan aangsus akus ilaχtangis lal qazanas, mal slum aslagaan qalgadaχ alanalakaĝiχ mal haaganaχ malgazanaĝulax. Hingamahliguun qan'giχ hnulgal aguun haaganaχ masxal anĝaĝinas haagazanas. Hingamakuχ mal alaĝum achidagaan agacha qalgadaχ ukuuquzazanas.

Laavkiχ hnuχtal baankim qalgadangis tayalakaĝis kay anuxtalakan tanam kugaan agach qalgadaχ ukuχtal qazanas. Akuχ wayaam anĝaĝinas haaganaχ masxal aguun kadim hadan anĝaĝinangis agatingis laavkiχ matalakaĝis alqutal anĝaĝizanas?

Aan'gichkaadaasada.

The men also fished for freshwater fish in the creeks during the summer and fall. The kinds of freshwater fish caught were pink salmon, red salmon and silver salmon. These fish were also dried and stored away for the winter.

Ducks were also hunted in the summers. Among those eaten were the eider ducks. These eider ducks that nested among the tall grasses were grabbed by hand. Both the duck and the eggs were taken. Birds that live in burrows were also taken for food. These were the puffins and the ancient murrelets. They were pulled out of their burrows and the eggs were also gathered.

Summers were the time when the plants were growing. The people gathered them. Among these plants were the wild cow parsnips, or the wild celery. There were also various kinds of plant roots which were taken out of the ground and eaten. Among these plants were the black lilly or Sarana, and white bog orchids. Beach greens such as prestuskies were also gathered for food.

Preservation of the plants was a problem for the people. They were available to them only during the summers. Berries were picked on top of the hills also during the summers. Among those were the mossberries, blue berries and strawberries.

When winter came, there was hardly any fresh food to be found. The people depended on the food they stored during the summer. When the food supply went low, they were down at the beaches during low tide to gather seafood to eat. At that time, they could not really go down to the store and buy canned food since there were no stores. This was the way they lived. They always thought about where they would get food for their next meal.

Today, whenever one feels hungry, he should think about how our ancestors survived without stores and all the modern conveniences that we now have. How do you think they made it? Take time to ponder this way of life.

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Slum aslaan hitnisas hitil aguun lalgazas. Taaĝan'gis, pristuskis ama saaqudas. Taaĝan'gis lalgaqadaguun qalgazas, itaangis iitikaalungis agatingis qalgangis awax̂ alakax̂ mal itaangiisal qalgazas. Iitikaalus qachx̂ingis chagiilal halaagulgal aqadagungis qalgazas. Taaĝan'gis chadum angan qalgaa gaatunazax̂. Taaĝan'gim anangis amasukus, ukinax̂ suĝal qachx̂ii aqisxal aqadagungis taaman qalgazas, malakan aguun hatit qachx̂izigaĝulas hitizax̂, hingamakux̂ mal hagyatalgal qalgazangis.

Saaqudas ilax̂tangis hagumatal qalgazas, akux̂ saaqudam iitikaalungis uhlingis qalgazas.

Pristuskis agatingis itaanginaaguzanas anangis suĝaqalizas, lalgal aqadagungis qam angan unalgal qalgazas, hingamatal aguun qaatunax̂ agux̂tazax̂. Maatulakan agumis alaĝum algagan angan unaaĝutal qalgazas, pristuskis hasinatal ulum angan unalgazax̂. Qawax̂ asxuunulax isux̂ angan unalgazaa.

Aangsus ilax̂tangis slum aslaan kuuĝazas mal agungis qayas ilangin algal lalgazas, agiichigaan hasinakus agiichigaan maaĝutazaĝulas. Hagumatakus lalgal aqadaguun jaamix̂ ilagaan agulgal xliibam angan qalgazas. Aangsus tulkusix̂ ilagaan agulgaaĝutazas.

During the summers certain plants are gathered for food. Among these plants are the wild parsnips, cow parsnips and prestuskies.

Wild parsnips are gathered and peeled with the fingers and eaten. Wild parsnips are good with seal oil. They are dipped into the oil and eaten.

There are two kinds of parsnip stalks. There is one kind that you can peel with your fingers. The other kind is the one you have to peel with a knife. The stalk that has to be peeled with a knife must be peeled clean before you can eat it. If you do not peel it clean, you will get sores around your lips.

Cow parsnips are eaten in the same way as the wild parsnips. The only thing different about it is that only the stalk which can be peeled with the fingers are eaten. The regular stalks from the cow parsnips are not eaten.

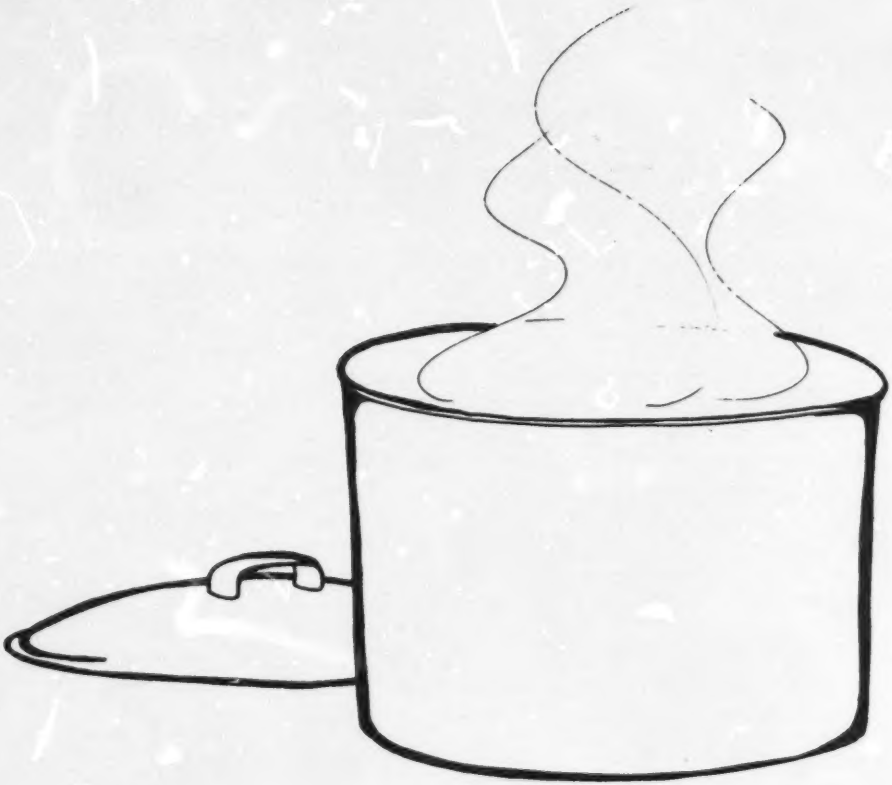
Prestuskies are the ones that appear first in the summer. They are used with fish soups but if you do not want to use them for soups, then use them with boiled sea mammal meat. Use lots of prestuskies with the meat and eat them.

Berries are also picked during the summers. The people go up on the hills and gather berries in the berry patches. Sometimes there are lots of berries and at other times there are only a few.

The berries are gathered and jelly is made out of them. Then the jelly is eaten on bread.

Berries are also used for making fish spread. The fish is cooked and the meat is mashed. Then the berries are mixed with the fish and eaten.

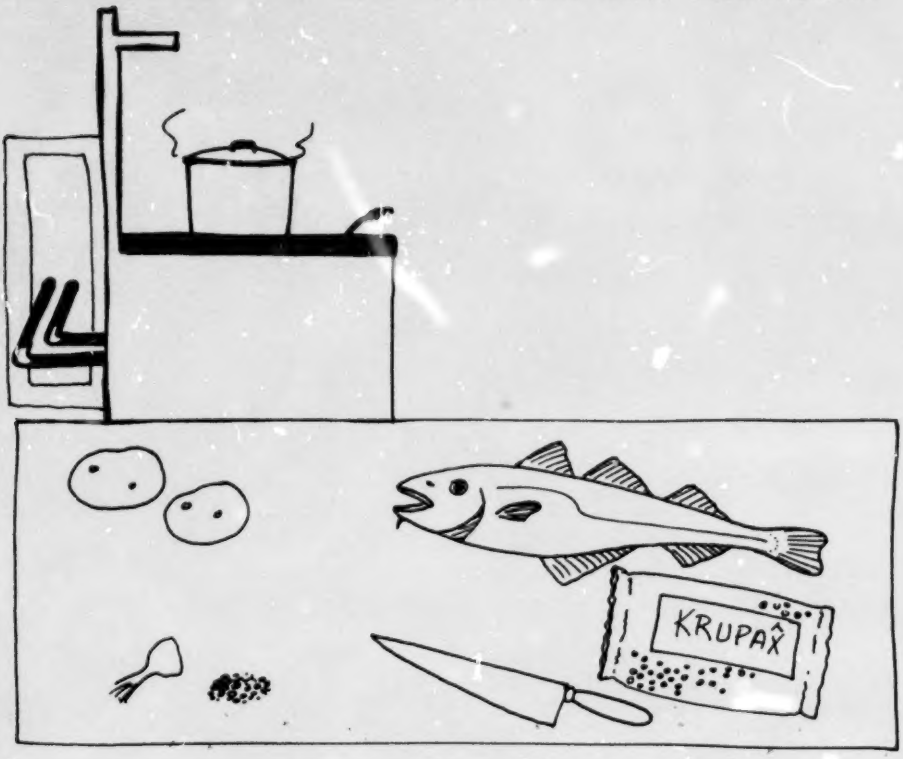
QAM SUUPAGAN PRISTUSKIĜII



Chagix̂ asxuunulax kalagax̂ asxuunulax hmiikayax̂, huĝdaxchx̂il kurtuufilalĝil, ama krupax̂ ama hamaax anaĝis nagan aĝiitunat nagan ax̂s, pristuskis isilal nagan ax̂s unada. Anaĝinqis qanqal aguun bultaasix̂ agul bultada. Pristuskis suĝal aguun luukax̂ suĝaa alanazaĝulax. Ulum suupaa ilax̂taa pristuskis ngaan angaĝazax̂.

Qas asxuunulax ulux̂ huĝdaxchx̂ihlimal qaamis agumis asux̂ qangaqalil aguun pristuskis nagan ax̂s unada.

FISH SOUP WITH PRESTUSKIES

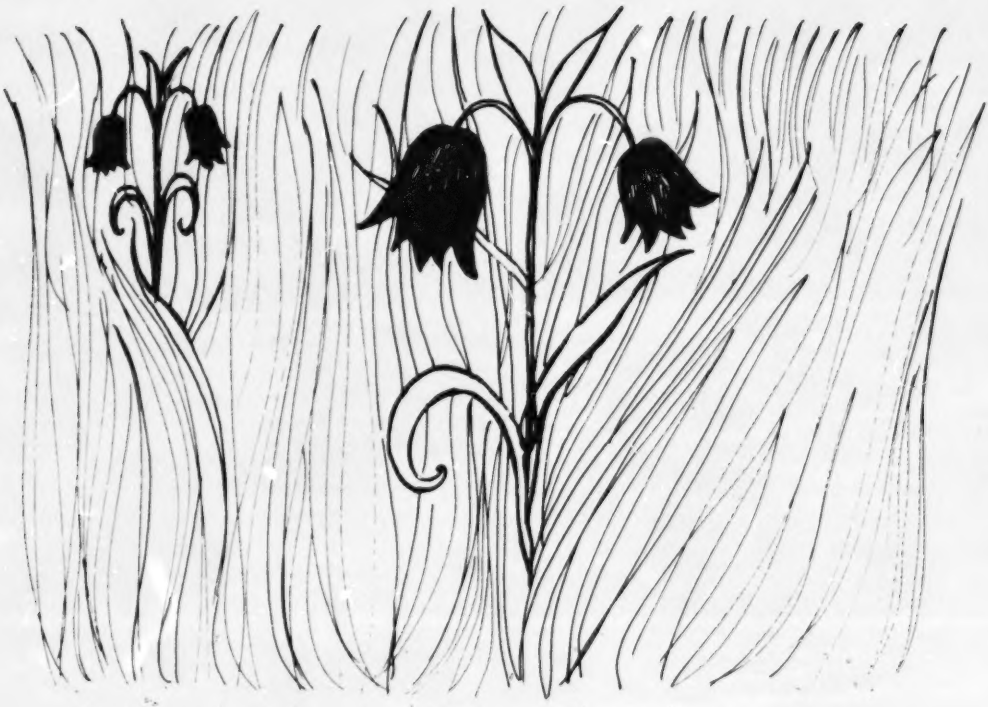


Cook a halibut, cod, or a red sculpin in water. Add potatoes, rice, and whatever you want to put into the pot. Cut prestusksies into small slices and put them into the pot. When the prestuskies are cooked thoroughly, make a then flour paste and stir it well with the soup. If prestuskies are used, you don't really need to use onion. Prestuskies are used also in meat soup.

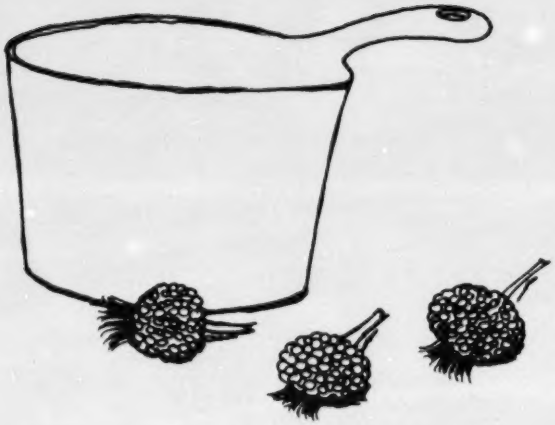
If you are cooking fish soup, or meat soup, let the soup come to a boil. Then you add prestuskies and serve it.

8

ALUGAX̂



Iyuuliχ̂ hulal aguun taam alugaχ̂ hitidaqada-kuχ̂ mal lalgaqalizaχ̂. Lal aqadaguun, chχ̂uuχ̂s chitχ̂ingis aqis aqadaguun, asum nagan aχ̂s taangam qinganaa ngaan taangaasal unada. Huĝdaqiqalil aguun taangaa anuusal taangam qinganaa ngaan imdaasaaĝutal unada. Qangal aguun taangaa hyus chachiχ̂talakan piichim nagan aχ̂tal qakatida. Alugaχ̂ gam huĝdaxtagan angan chadulĝital qalqaa qaatunazaχ̂. Alugaχ̂ qan'gim ngaan taxsaatul agumis lal chχ̂uuχ̂s, haqyayal aqadagumis traavkim kugan agital aĝadaĝasachχ̂ida. Hitaasazahliguun txin qakatil aguun qan'gim ngaan taxsada.



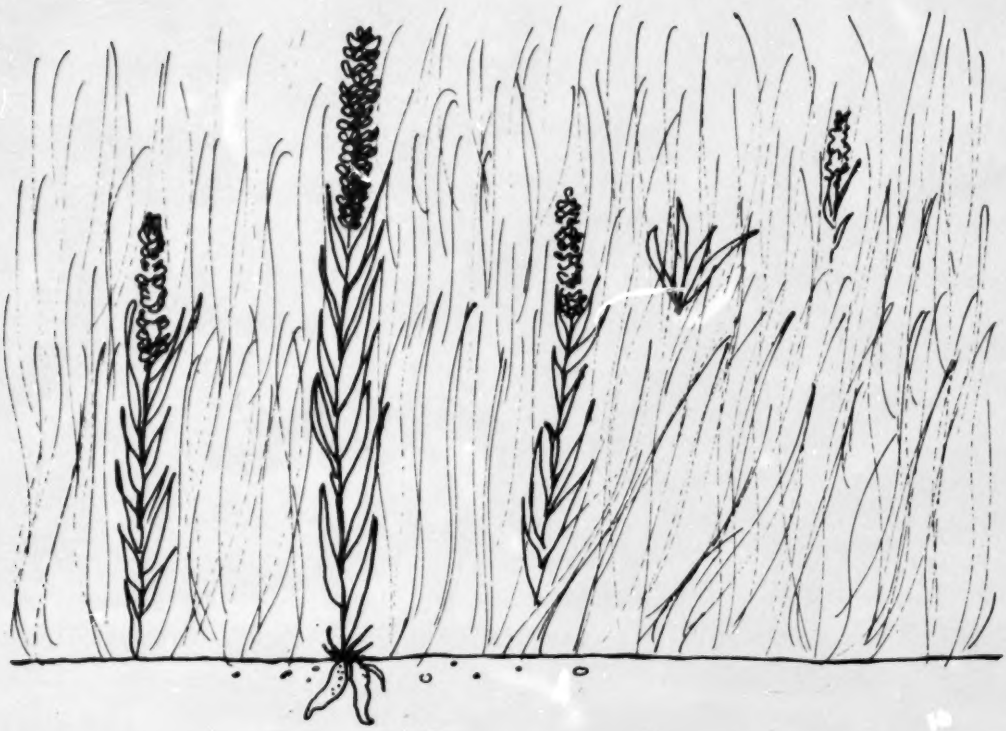
The month of July is the best time to gather wild rice because this is the time when the wild rice stops growing.

After gathering wild rice, wash it and take the bulbs off. Then fill a pot with cold water and cook it.

When the water starts to boil, throw it out and refill with cold water again. Then boil, throw it out and refill with cold water again. Then boil it again. When the rice is done, pour the water out and take the lid off the pot. Stick the pot into the oven and let it dry in there. Wild rice is very delicious when served with boiled fish.

If you want to store wild rice for the winter, you gather it and wash it. Then spread it on a cloth. Let the sun shine on the cloth. Whenever there is any sunshine outside, take the wild rice out until it dries. After it dries, store it for winter.

HUYGIX UNAASAL



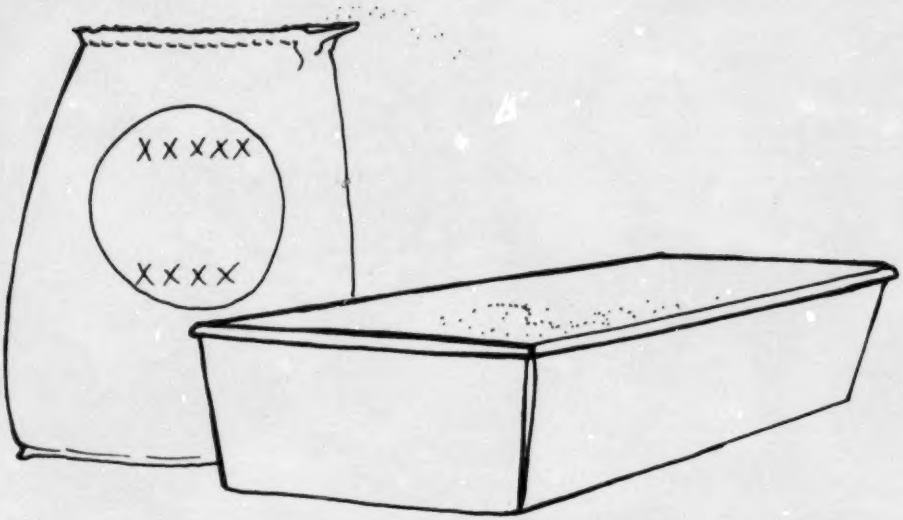
Alugas, chagitxas, halgis huyĝim ilan unaĝii agach amgix̂taaguzazax̂. Asulĝum nagan chiqim ilaa agis kangan taaĝan'gim kangangis ax̂s aqadaguun alugas asxuunulax hamaax chagitxas asxuunulax halgis haman taaĝan'gim kangangis kugan ax̂s tataam kugan taaĝan'gim kangangis kangan ax̂s umnatida. Kugan tigzal taaĝan'gim kangangis kangan aĝzahliguun txin umnatil aguun chaasxim imdaa aakax̂ taangax̂ kugan hyus quĝanam ichaaqidaa kangan ax̂s asum krisxii kangan ax̂s unada. Plitam kugan asxuunulax unaaluĝim ilan hingamatal unalgazax̂.

SARANA COOKED IN STEAM

I like wild rice and white bog orchid steam cooked.

Spread mud on the bottom of a large pot. Then put the leaves of wild cow parsnips on top of the mud, and put the wild rice or white bog orchid or some other roots of a certain plant on top of the leaves. Put the leaves on top of the roots and pack them tightly. After that is done, pour one cup of water into the pot. Then put something heavy on top of the leaves and close the pot tightly. Let the whole thing cook on a stove or over a bonfire.

MUKAM ZAARIĜII

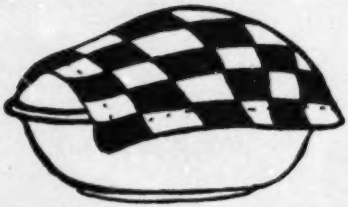


Alax chaasxim imdakix mukaŷ pruutvinam nagan aŷs uglugil pruutvinam nagan agis aqadaguun piichim akinagan ilan aŷs unayugaaĝida. Hangadaa hixs txin chumnugitil aguun iguŷtal misal, kukmingis kugan tigmixs siŷil aqadaguun, tataam unal chumnuxtichŷiiĝutal misazahliguun, huzuu txin chumnugidigatil aguun, igul akinagan aslagaan luusxilĝum chŷaalquzaa saalaŷ mukam ilan aŷs misahliguun haman saalaŷ mukam huzuu axs aguun ngaliyaŷtal aqadaguun butiilkam hagyagan nagan aŷs taxsada. Mukaŷ chaayuutul agumis chaayumis chaasxigan nagan alax asxuunulax qankus luusxikucham imdangis mukam zaariĝii aŷs misal agis saaxaralĝil misal aqadaguu chaayuda. Mulukaŷ ngaan angaĝaaĝutazaŷ. Taangam qangaŷtaa agach suĝazaŷ malakan aguun mukaŷ txin suzuukaĝulax. Anĝaĝinam agiitingis mukaŷ unal qangatil saalal agumchix suulim ilaa ngaan angaasazas.

Put two cups of flour in a bread pan. Shake the pan until all the flour is spread evenly on it. Place the pan into the hot oven and cook it for a while. Let the whole thing cook until the flour gets golden brown. If the flour is not all brown take it out and stir it around then put it back into the oven until it gets all golden brown. After it gets all brown, take it out and add two tablespoons of lard to it. Stir it until the lard is mixed in well with the flour. Take all the mixture and store it in a jar.

Whenever you want to have some baked flour, you put two to three tablespoons of it in a glass. Add some sugar to the glass and stir it. Sometimes you can add milk. But boiling water is used all the time; otherwise, the flour mixture will not be smooth but lumpy. Some people add lard and a little bit of salt in with the flour when they cook the flour.

ALAADIKAS (KWASNAM)



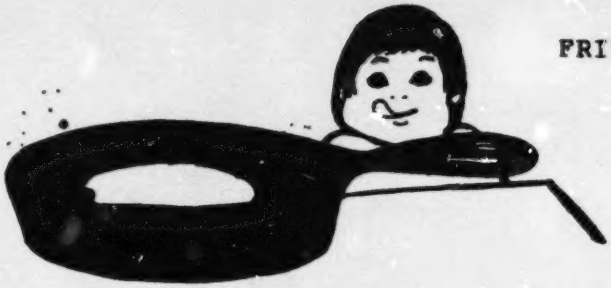
Alax chaasxim imdakix taangam huĝnaazaa chahmalĝum imudagagan asxuunulax asum sanaqaĝigan nagan aŝs, siching luusxilĝum imdakix saalaŝ, siching luusxilĝum imdakix saaxaraŝ, alax luusxikucham imdakix suuliŝ taangam nagan aŝs misal, ataqan druuzim liistaa kwasnam taangagan ngaan angaasal, txin huĝuzuuzas aguum, mukal kwasnahliguun chamis daĝan chitzaqadal aguun, hanqadaa chadul, chachil, huĝnaazam ilan aŝtal hangachŝihligumis algidim sanaqaan txin sanas aguun skuvuruudaŝ asxuunulax asum qamdaa nagan chaduŝsiŝ asxuunulax saalaŝ aŝs akinatichŝil aqadagumis zaarilgazaŝ. Ukinaŝ suŝtal buulkakuchas sanaakas isilal, sayulal chadum nagan aŝtuŝsal unahliguun txin chumnugitil aguun ims unal chumnugitichŝiiĝutal chahmam nagan iguda. Qankus minuutas aakaŝ imsxaaĝan kadagaan unalgazas.

Chaduŝ akinaagamaŝsil aguun alaadikas qangadigazuukaĝulas, chaduŝ akinalakan aguun alaadikas chuduŝ chxuŝtal haĝadil ignatuuĝan aĝnas. Alaadikas aguutulakan agumis alax xliibam pruutvinangis chadul kwasnaŝ katal, pruutvinam nagan aŝs huĝnaazam ilan hangachŝil hakaaĝal aguun piichim akinagan ilan chasiŝ aakaŝ unada.

Buulkas aguutugumis, pruutvinam aduu chadul ukinaŝ suŝtal buulkaligam sanaŝ isizal chamis ilan katal, pruutvinam nagan aŝs hangadanqis chadul huĝnaazam ilan hangachŝil algidim sanaqadix txidix sanatil aguun piichim akinagan ilan chasim angaa aakaŝ unada.

Slukam saahmlangis suĝal alaadikas agulgaaĝutazaŝ, kwasnamis naqan aŝs aqadaqumis kwasnaŝ matal agulgaaguzanaa matal aguda.

FRIED DOUGH



Measure the following ingredients into a bowl:

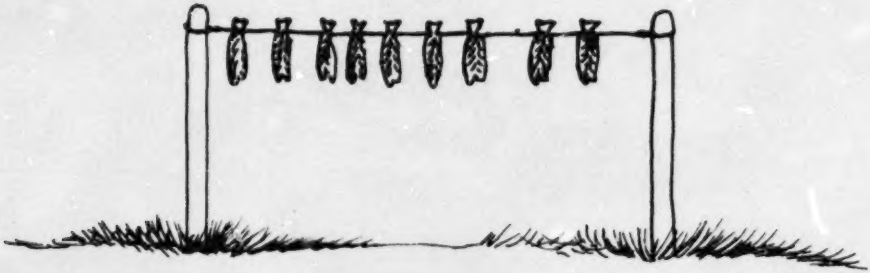
2 cups of warm water
4 tablespoons of shortening or lard
4 tablespoons of sugar
2 teaspoons of salt
1 package of yeast
4 cups of flour

Add the flour and work on the dough until the dough doesn't stick to your hand anymore. When that is done, spread oil on top of the dough. Cover the dough and let it set out where it is warm. Let the dough rise until it doubles in size.

Heat a skillet or pot with hot grease and get ready to deep fry the dough. Use a knife and cut the dough into roll sizes. Roll these out and put them into the hot grease until they look light brown. Turn and cook the other side in the same way. When they are done, put them on a plate. Three minutes of cooking on each side is good enough. If the oil is too hot, the fried dough will not cook properly. It will obsorb the oil and become heavy and pale looking.

If you want to make rolls, take a long pan. Grease the pan. Cut dough into roll sizes. Put the rolls into the pan. Brush the rolls with grease and let them rise. Bake the rolls for about half an hour.

Fried dough could also be made with seagull eggs. All you have to do is add the eggs. Then follow the same process you use for making regular dough.



Qas Atx̂am kugan anax̂ mal tǝxsaĝaakazalakaĝis mal sulilgal asxuunulax hudax̂silgal asxuunulax dimilgazas. Qas huzungis Atx̂am kugan anangis hudax̂silgal taxsalgazas. Qakayas malgal aguun amaatxax̂ agulakax̂ hudas txidix qakatizas, anax̂ malakan aguun chix̂tax̂ malgaliguun hudas txidix chaknas iĝamanaqadazas.

Hudax̂siitulakan aqumis sulix̂ maasaakaan qas sulilgangis qaatunamazas. Chiĝanam qangis agatingis sulilgangis iĝamanazas. Qax̂ sul isil qagnangis huzuu ilagaan agis agadagunqis sulizangis, akux̂ itxaan anĝaĝinas qas qagnangis aqitizaĝulas hingamas chaxs, chx̂uux̂sxal aqadaguun buchuunikam nagan ax̂s hangadan qas aĝil aqadaquun suulil hingaax hiistaliguun buchuunikaan txin chx̂atil aguun chachilgazax̂. Suuliin chuqudatanax̂t agumis sulit txidix chaknatiiĝan aĝnas mal suulix̂ chuqudatalgazaĝulax. Chagix̂ agach anax̂ maalal sulilgaakazaĝulax sulilgal aguun amxii hulmalix̂ mazax̂ maalal sulilgazaĝulaa.

Chiĝanam qangis dimilgamazas, qam asx̂azaaĝungis chaxtil, aqaduqumis chx̂uux̂s aqadagumis buchuunikam nàgan taangam suulituu ilan qas ax̂tayugaaĝil aqadagumis igul inkatal huzungis ichaxchx̂il qiqingis angadalgal aqadaguun dimiilum ilan inkas, dimiiluun anil hwax̂chx̂il dimilgazas. Alangaax̂ hyaagaĝanaa suĝal agacha dimilgazax̂. Dimiiluun adigaaqamax̂sil aguun baliikat qangaaĝan aĝnas mal amgix̂sxazas. Saalux̂ malgal aguun hitaasazal aĝadaĝasachx̂izahliguun txidix qakatil aguun taxsalgazas.

One cannot really keep fish fresh on Atka so the fish are either salted, dried or smoked. Almost all the fish on Atka can be dried and stored for some time. Drying depends on the weather. If the fish were to be dried for a couple of weeks, lots of drying could be done. But on the other hand, if you get rainy days, all your drying fish will spoil fast. It is, therefore, best to dry fish in dry weather.

If you do not want to dry your fish, you can salt them. You will get better results salting freshwater fish like salmon.

The fish is split and all the bones are taken out. Some people, however, do not cut out all the bones. The fish are split with the bones intact. Then they are washed and put into a big barrel layer by layer. That is, a layer of fish and some salt and then fish, and so on, until the barrel is full of fish. Then you can close the barrel for further use.

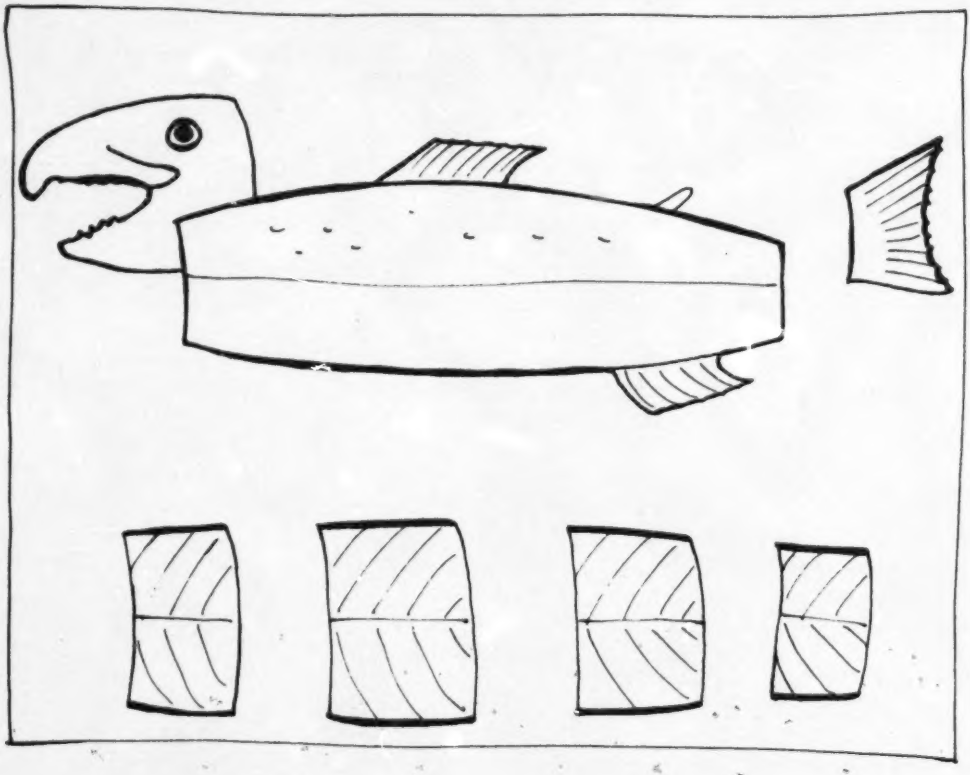
You can salt almost all the fish on Atka except for halibut. When halibut is salted, all the meat seems to dissolve away to nothing. So it is never salted.

Fresh water fish which spawn in rivers are smoked. Usually freshly caught fish are preferable for smoking. They are filleted, cleaned and washed. Then they are kept in a barrel of brine for a short time. After that, they are taken out and hung on a line to drain. After they drain, all the slime which remains on the fish is wiped off. The fish are then taken to a smoke house and are hung there for smoking.

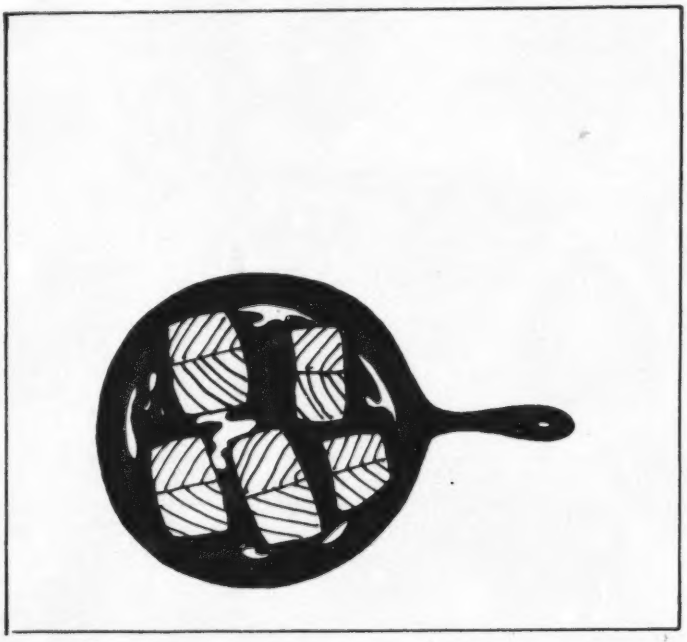
It is necessary to use cottonwood when lighting the smoker because cottonwood makes more smoke than flame. If your smokehouse is too hot, your smoked fish will be too well cooked. It is, therefore, very important to watch the smokehouse closely.

After smoking the fish, they are aired outside on nice, dry, sunny days until they are quite dry. Then they are stored for future use.

QAM ZAARIĜII



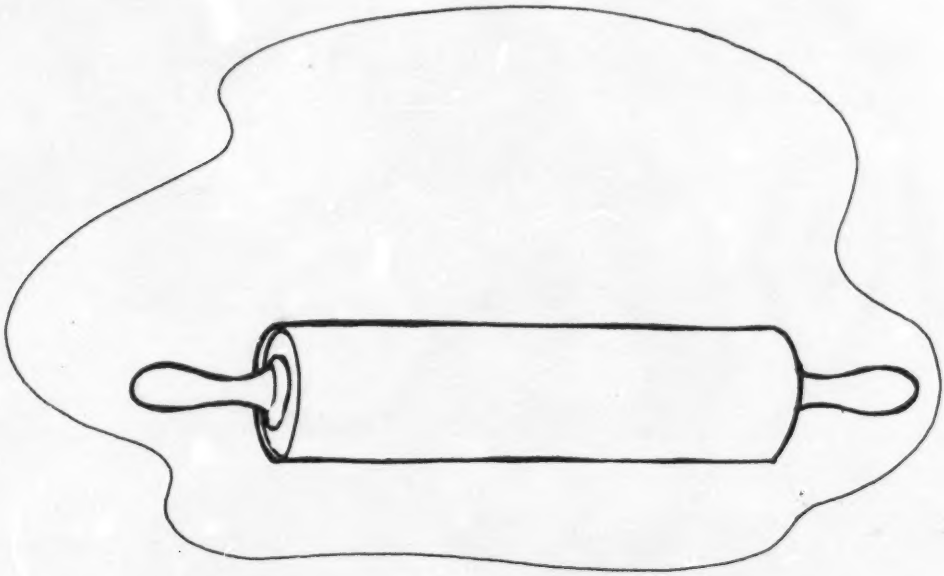
Chiĝanam qaa al aguun qax̂ qatatil, kamqii ama chmaa qinaamul haman qam qatakix huzukix siching isis ilagaa agul, piirichal, suulil, aqadaguun mukax̂ ama (cornmeal) ilaa ngiin angaasal, qam isii ilan imdgul huzuugizaa mukal aqadaguun skuvuruudam nagan saalam akinagan ilan zaaril qangatil, pruutvinam nagan igul, tataam skuvuruudax̂ imdaaĝutalgazax̂. Qam amxii itaanqis hadan zaarilgazax̂. Qam huzuu qangal aguun pruutvinax̂ piichim ilan ax̂tayugaaĝil aqadaguun qalgazax̂.



If it is a freshwater fish that you are going to fry, fillet it first. Then cut off the tail and the head. Cut the fillets in half to make four pieces. Put pepper and salt on the fish. Bread the fish with flour mixed with a little bit of corn meal. Then put the fish into a skillet of hot grease and fry until it is done. After it is done, put it in a pan and put in another batch of fish. Let this cook.

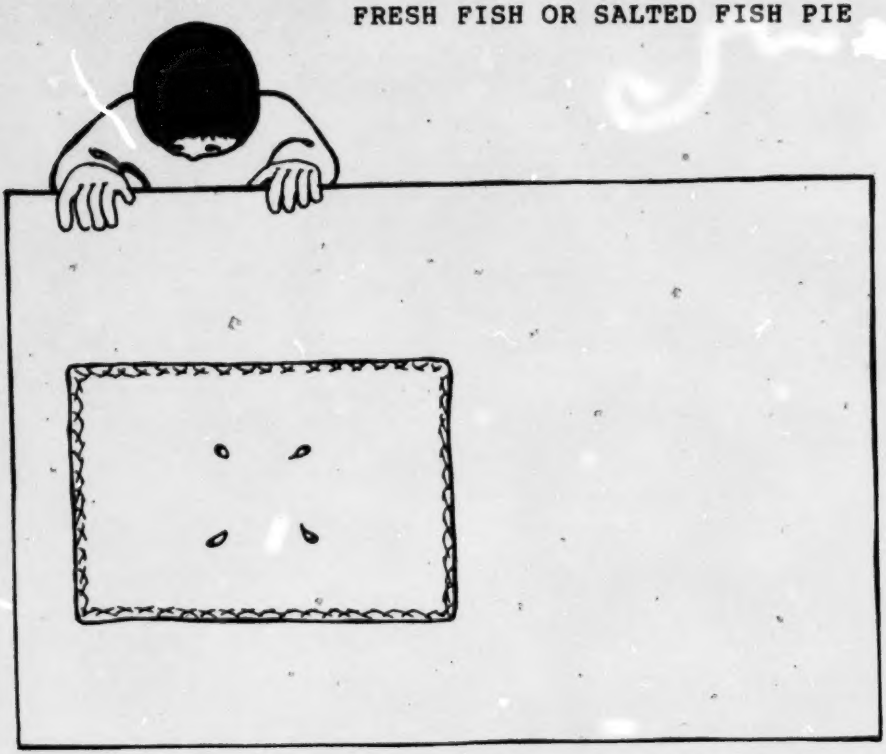
It is a good idea to fry the fish on the flesh side first. When all the fish is cooked, put it into the oven. Let it stay in the oven for a while before taking it out and serving it.

QAM TAGADAA ASXUUNULAX SULIĜIGAN PIRUUGAA



Krupax̂ unal amas, chagix̂ asxuunulax chiĝanam qaa huĝdaxchx̂il qangas agadaguun chax̂sagan ilagaan igul, qagnangis igul, tiistax̂ agis skaalal, pruutvinam nagan ax̂s, angakix chidgis agadagumis chahmam imudigagan angunagan nagan qam amxingis unal angaliin biilkix̂ asxuunulax luusxilĝux̂ sux̂tal qam amxii tulkil, agadaguu krupalĝil luukam isilakuchangis ngaan angaasal, suulil, piirichal ama zux̂zum udiĝii ama maaslam hulmax̂taa ngaan angaasal misal agadagumis pruutvinam nagan agis, tiistam chidgingis hanqadan ngaan chachiisal kangaa ilagaan huyĝix̂ hitiiĝii tatxil, piichim akinagan ilan unahliguun tiistaa qangal aguun igul angam hadan ax̂tayugaaĝil agadagumis qada.

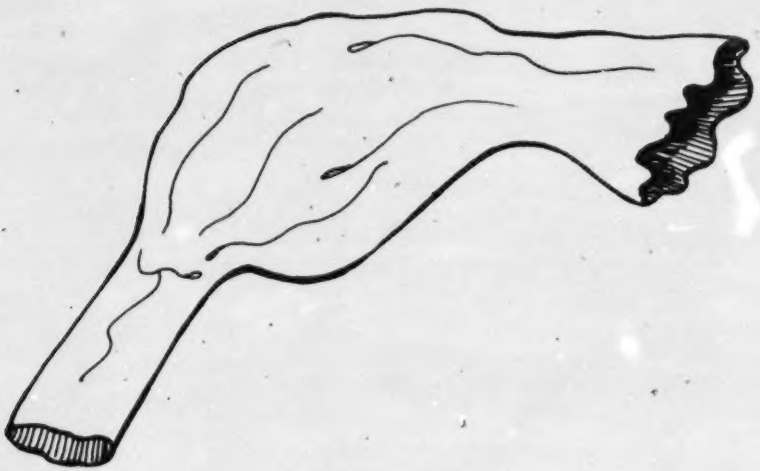
FRESH FISH OR SALTED FISH PIE



Cook some rice. Boil a halibut, or a fresh-water fish, until it is cooked. Pour the water out of the pot and pick the bones from the fish. Now fix some dough and roll it out with a rolling pin. Spread the dough over a long oblong pan. Leave some dough over the edges of the pan.

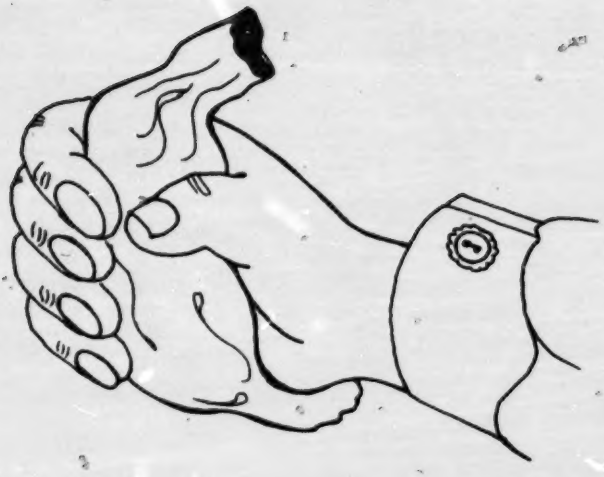
Put the fish in a large bowl and mash it. Add rice, onions, salt, pepper, hot sauce, and melted butter. Stir all these and put them into the pan. Put the crust on the pan and punch holes on the top of the crust so the steam can escape. After that put the pie into a hot oven. Let it cook until the crust is golden brown. Take the fish pie out and cool it before serving.

ATXIDAM TAKDANGIS



Atxidam takdangis qigul hagyayal, hagyaachxuzaâ his ulas tataam haqyal chams aqadaguun aaĝis hagyal, takdaâ sul aaĝim ilaa nagan aâs, angtaa aakaâ imdada. Imdal aqadaguun uyaĝii hadan suâtal, haman takdaâ amdugmikdal aaĝii siâida. Takdas huzungis imdal agumis asum nagan aâs taangam qinganagan ilan suulil, huĝdaxchâida. Qangal aguun chaâsagan ilaqaan igul ngaliyaâtada. Zaavtrikam ngaan iĝamanazaâ.

BOILED CODFISH STOMACHS



Take a codfish stomach and clean it on the inside and the outside and scrape it. Clean the liver of the cod and stuff it into the cod stomach. Fill the stomach until it is half full. After the stomach is stuffed, hold it in the palm of the hand and squeeze it. Mash up all the liver. Then put the cod stomach into a pot of cold water. Add a dash of salt and cook it. After it is cooked, let it cool before you serve it. This type of food is good for breakfast.

ATXIDAM/CHAGIM AAĜIGAN MAASLAA

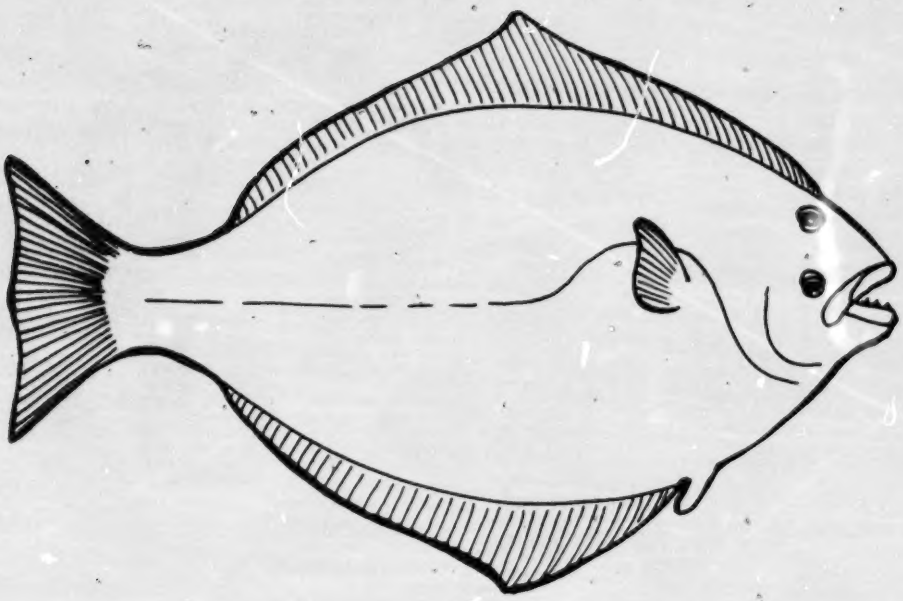
Atxidaχ̂ asxuunulax chagim sadagigan aaĝii hagyayal, iχ̂chingis aqis, aamgitunangis aqis, asukucham nagan aχ̂s huĝdaxchχ̂ida. Unayukaan alazaĝulax, gangal aguun chaχ̂saa hyus biilkiχ̂ suχ̂tal tulkil, luukam angaa aakaχ̂ isikuchas hidgul haman aaĝim ngaan angaasal piirichal, suulil misada. Xliibam kugan agis galgazaχ̂.

CODFISH AND HALIBUT LIVER PASTE

Clean the liver of a halibut or a codfish. Make sure that all the worms and the blood are rinsed off properly. Put the liver into a small pot and let it cook for a while.

It is not necessary for the liver to cook very long. When it is done, pour the water out and mash the liver with a fork. Dice approximately half of an onion and add it to the mashed liver along with salt and pepper. Mix these ingredients together and serve the paste on bread.

TULKUSIX̂



Chagix̂ asxuunulax adgayux̂ matal agumis, kingdam aangsungis lal hagyayal angam hadan ax̂tal, qax̂ huq̂daxchx̂il qangas chax̂sagan ilagaan igul amxii tulkil, aangsus ngaan angaasal misada. Qam amxigan ilagaan aangsus agach hasinatalgazax̂. Qam amxii ama aangsus ngaan chadum udiĝiĝulaa ngaan angaasal misal aqadaguun qada. Inaqamis sanax̂ ngaan chadux̂taatunaan sanax̂ sux̂tada.

MASHED FISH

Boil a halibut or a pink salmon in water and then drain it. After it is drained, take all the meat and mash it. After the meat is mashed, take some clean berries and mix them in.

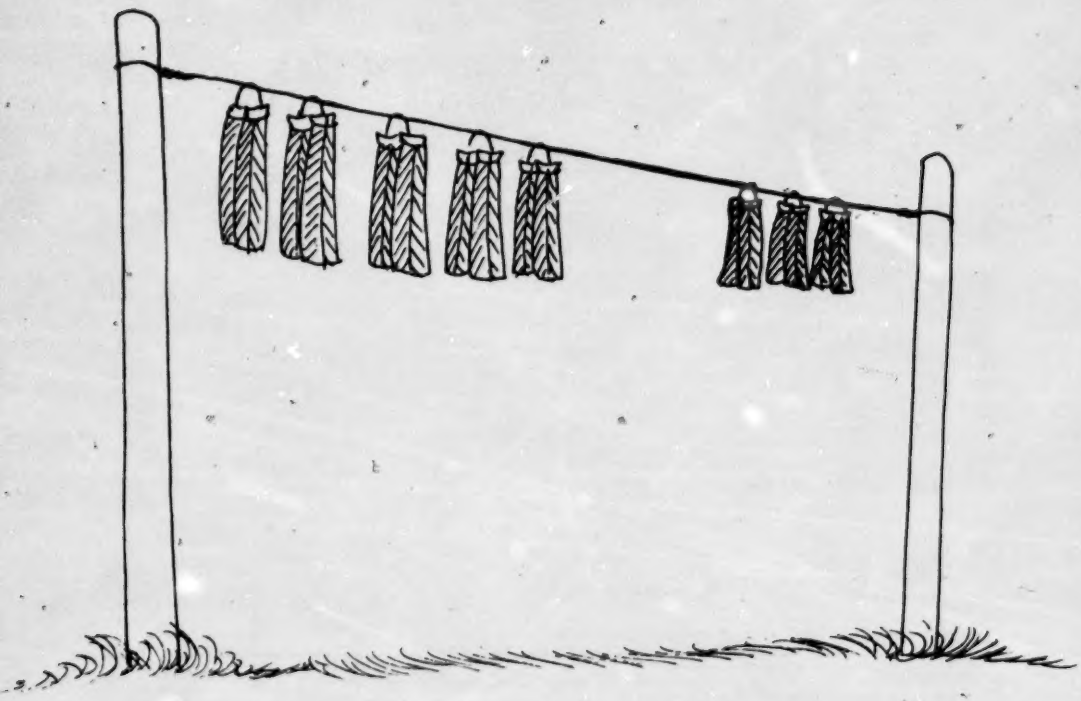
The berries should be in greater amount than the meat of the fish. After these are mixed, add seal oil and mix it some more. The amount of seal oil will depend on how much you want to add to the mashed fish and berries. After mixing everything together, the dish is ready to be served.

QAM CHUNIĜIGAN CHATANGIS

Haanum baliikaa agul aguun chuniĝii anuusalakan, ilidagan qagnakix chuniĝigan angagaan isil, qidux̂ chmagan hangadan ngaan kasaax̂tal nim kugan inkatal chatichx̂ida. Chatil aguun qachimaazax̂ liidaaguzakux̂ akux̂ chadutuzax̂.

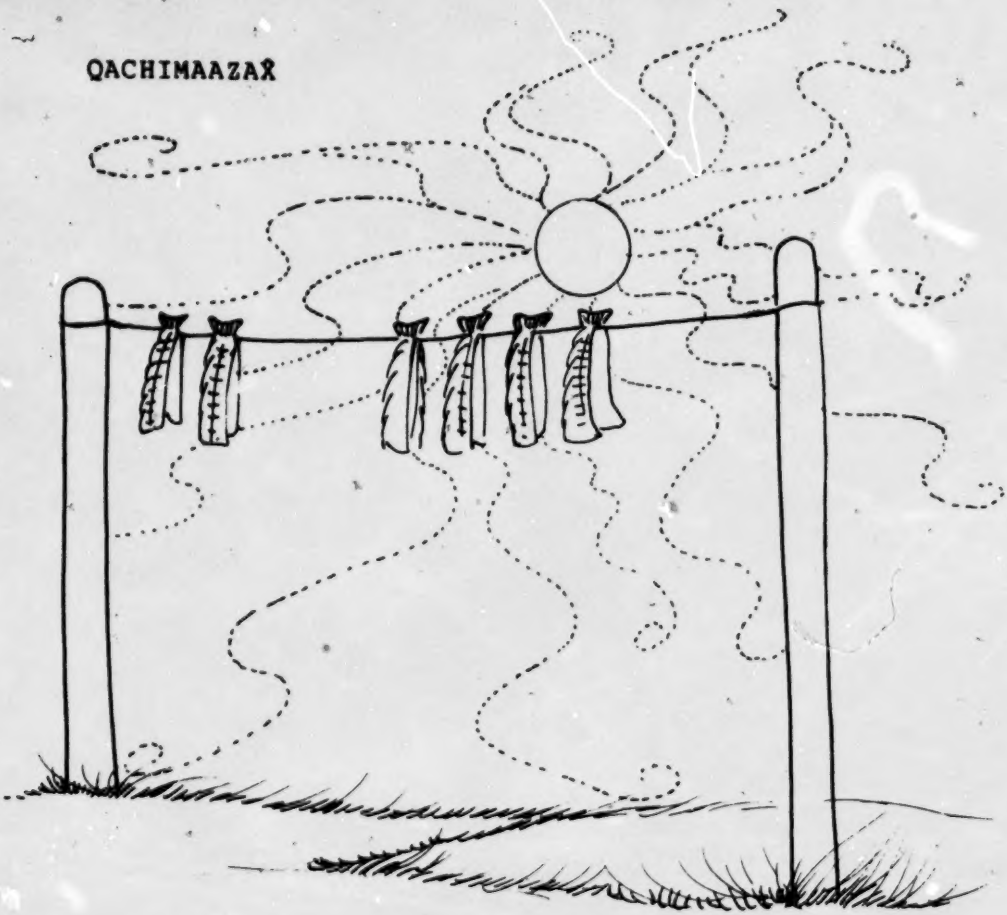
Taadaayux̂, hudal aguun chuniĝii ulutul aguun aamiqaa chams huzuu aqis chx̂uux̂s chmagan hadagaan qidux̂ ngaan kasaax̂tal sadang inkatal chatichx̂il aqadaguun huĝdaxchx̂il qada.

PARTIALLY DRIED FISH BACKBONES



If one is making smoked salamon, don't throw the backbones away. Tie them with a string and hang them on the drying rack until they get partially dried. When the backbones are ready, they look just like partially dried fish but they are oily. Halibut backbones can also be used. When they are ready, boil them and serve them. They are very delicious.

QACHIMAAZAX̂



Chiĝanam qaa chidiklil, angaa hudax̂ liidatil chaxtil angagan qagnaa daĝan aĝiisal, ilidam qagnagan chuchaginangis hakangudaĝan chuniĝim angagaan isil anuusada. Chx̂uux̂s sadang nim kugan inkatahliguun hangadaa chatil aguun, chx̂uux̂s hagyayal aqadaguun, taangam qinganaa suulilĝil nagan ax̂s, huĝdaxchx̂il qada.

Qam chatagan angan kartuufilam isilaĝigan unaĝii haaganazaĝulax. Krupam unaĝii asxuunulax alugam unaĝii asxuunulax alugam unaĝii qam chatagan angan qaatunazax̂. chahmaan imdal aqadaguun chadum chaknaa kugan luusxil qada.

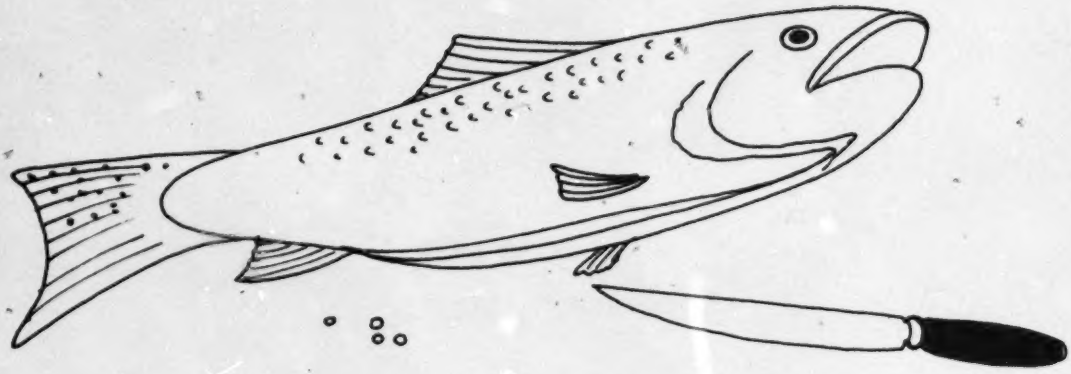
PARTIALLY DRIED FISH

If you catch a freshwater fish, clean it and split it as if you were going to make dried fish. Leave the backbone, however, on one side of the filleted fish. Then you hang the fish outside on the drying rack and let it dry partially.

After the fish is partially dried, wash and clean it again. Then put the fish into a pot of cold water with some salt and let it cook.

Partially dried fish is very filling if served with boiled potatoes. You can also use wild rice or plain rice with the fish and they are also very good. Fill your dish and add some seal oil before serving it.

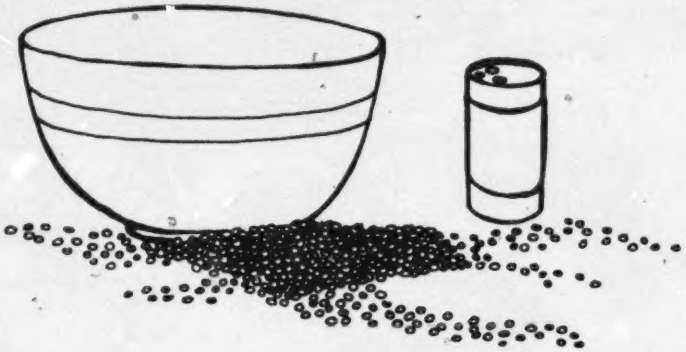
QAM TUTUUNUGAN SUULIĜII



Adgayux̂ asxuunulax qakiidam tagadaqadanangis tutuunungis qigul, taangam qinganaa kugan hyuchx̂idaĝitil, aamgii aqis, tugii daĝaan takaadgul chahmam nagan itxidgul, tugii anuusada. Luukam qakaa asxuunulax luukam tagadaa sux̂tal aguun ataqan qam tutuunugan paraa sux̂tal agumis, luukam angagan angaa aakax̂ isikuchas ngaan isilal tutuunus ngaan angaasal, suulil, piirichal, haqayaasal misada. Tutuunum taanganuuĝidaa qaatunazaĝulax mal alax luusxilĝum imdaa aakax̂ ngiin sux̂tada. Suulihliguun angalingis txidix haĝaditizas.

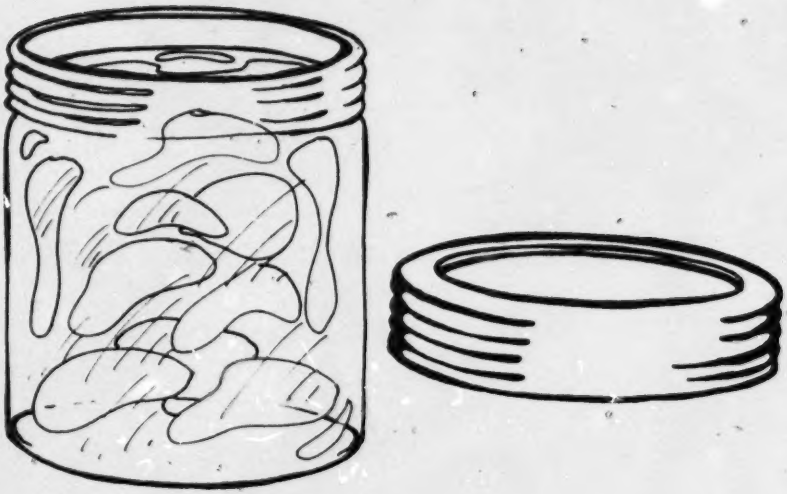
Saaxaram misuukagan hagyaa nagan ax̂s taangaa ichaxchx̂ida. Taangaa huzuu kitil qakatnax̂ txidix liidatil aguun, chahmam nagan igul xliibam kugan luusxil qada.

SALTED HARD ROE (SALMON EGGS)



Gather fresh roe from pink salmon or silver salmon. Clean these under cold water and take off all the blood. Then take the eggs apart into a bowl, throwing away the egg sacks from the salmon eggs.

Flat tasting salmon eggs are not very good to eat. So add approximately two tablespoons of salt to the eggs. While salting the eggs you will notice the color of the eggs will become lighter. Put the eggs in a sugar sack and let them drain. When you think that all the water is drained out, the eggs will start to look dry. Empty them into a bowl and serve them on bread. If you like, you can add dried onions or fresh onions. Dice the onions and mix them with the eggs. Add salt and pepper too and stir gently before serving.



Isuĝilĝum asxuunulax qawam chaduĝnagan tagadaa, isilakuchas sanaateqaĝingis hidqul, butiilkam angunagan nagan aŷs chŷatil aqadagumis krisxii itxitalakan qinganamulax ilan aŷtahligumis txin ilgalĝil aguun krisxii amnis taxsada.

Chaduu hulmal txin chŷatil aguun, iqiqnagan ilagaan chaduu butiilkam hagyagan ilan iqul chachil taxsada. Igignam ilan ayukatichŷilgal aguun chaduŷ txin udiŷtihliŷ mazaŷ.

Igignaŷ suĝal udĝiinuŷ agulgaa-aqaŷ mal anuusaaĝanaan. Hudaŷ qalgal aguun iqiqnam udiĝiĝulaa hudas angan galgal aguun qaatunazaŷ.

Put slices of seal fat or sealion fat into a large jar until the jar is full. Cover the jar but leave the lid on loosely. Put the jar in a warm place until the seal oil gets fermented. When the seal oil is fermented, tighten the lid of the jar and store it.

When all the oil is drained out of the fat, pour it into a clean jar. Store this jar for use. If the oil is kept with the fat too long, it will become rancid.

The blubber will be used for fish cooked in seal fat. The seal oil is very good to eat with dried fish.

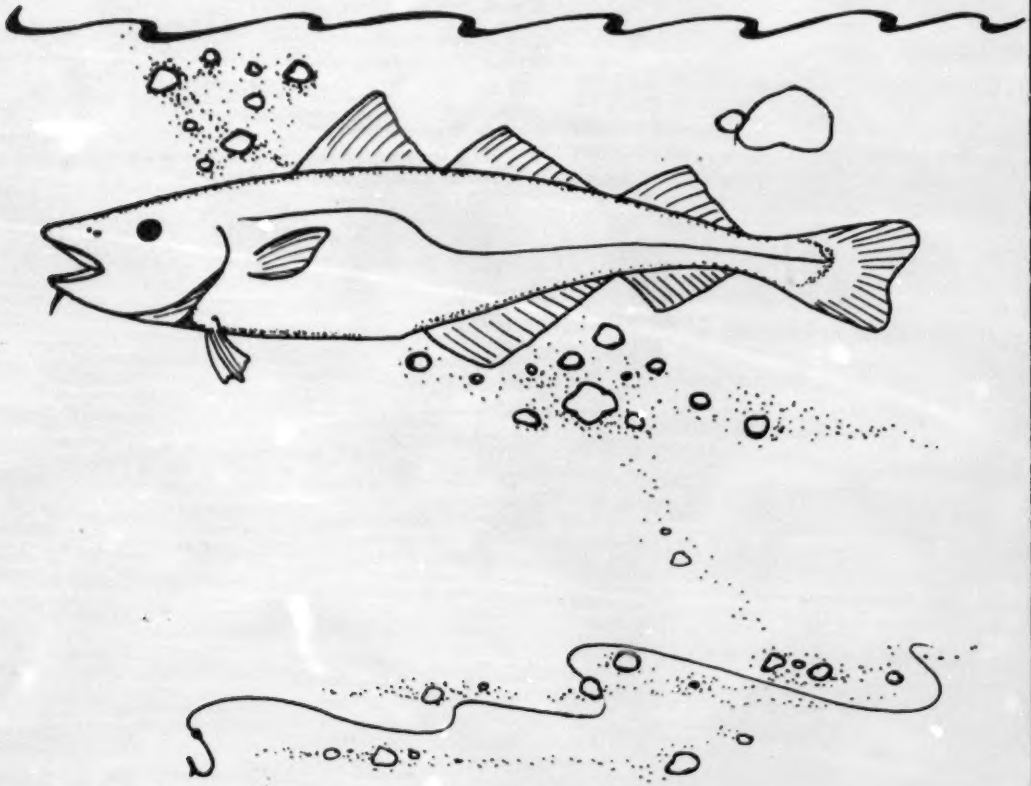
CHADUX̂SIX̂

Isuĝim asx̂azaaĝugan chaduĝnaa isilakuchas hidgul, asum qamdagan nagan ax̂s plitam akinagan kugan misazal unahliguun visuurkingis txidix qakatnax̂ liidatil aguun plitam kugagaan agas visuurkingis anuusal chaduu txin qinganatil aguun butiilkam ilan ax̂s taxsada. Chadux̂sim ilan alaadikas ama qas unaĝingis qaatunazax̂. Chadux̂sim ilan alaĝum algagan uluu uchx̂ul qalgaaĝutazax̂. Chadux̂sim ilan qawam qiihminuu uchx̂ulgal qalgaa uhlii iĝamanaasazax̂.

COOKED SEAL OIL

Cut the blubber from a freshly killed seal into slices. Put these slices into a pot. Cook and stir the slices until the seal blubber looks burned. Then remove the pot from the stove and throw away the burned blubber. Allow the cooked seal oil to cool and store it away in a jar.

Cooked seal oil is good with fried dough and fish. It is also good with sea mammal meat such as molted sealion.

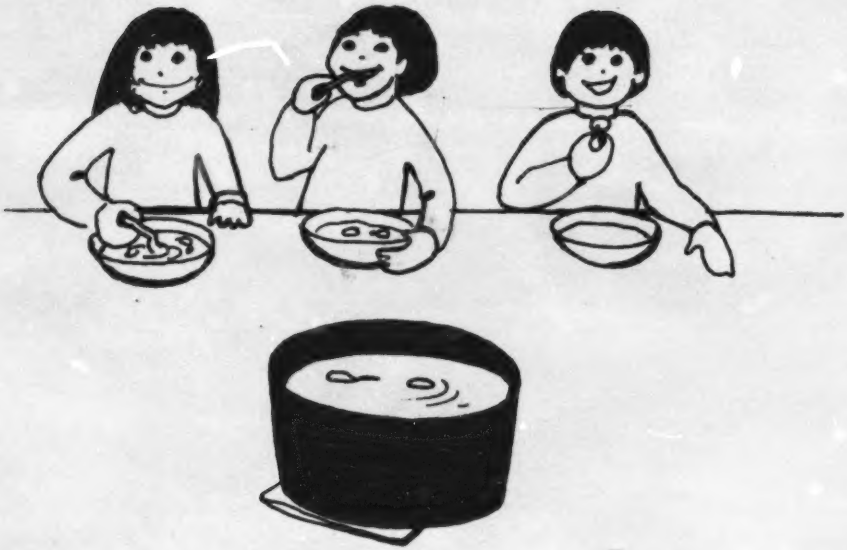


Ataqan atxidax̂ asx̂azaaĝuu asxuunulax sadang inkaqaa, matal agumis asum nagan alax chaasxim imdaa taangam qinganaa ax̂s suulilĝil, chaasxim angtaa asxuunulax chaasxim angtagan ludaaĝii imdaa igignax̂ asum nagan ax̂s unahliguun igignaa txin tungax̂til aguun, qax̂ chx̂uux̂s chikux̂sil asum nagan ax̂s chachil huĝdaxchx̂il, qax̂ qangal aguun qada.

FISH WITH SEAL FAT

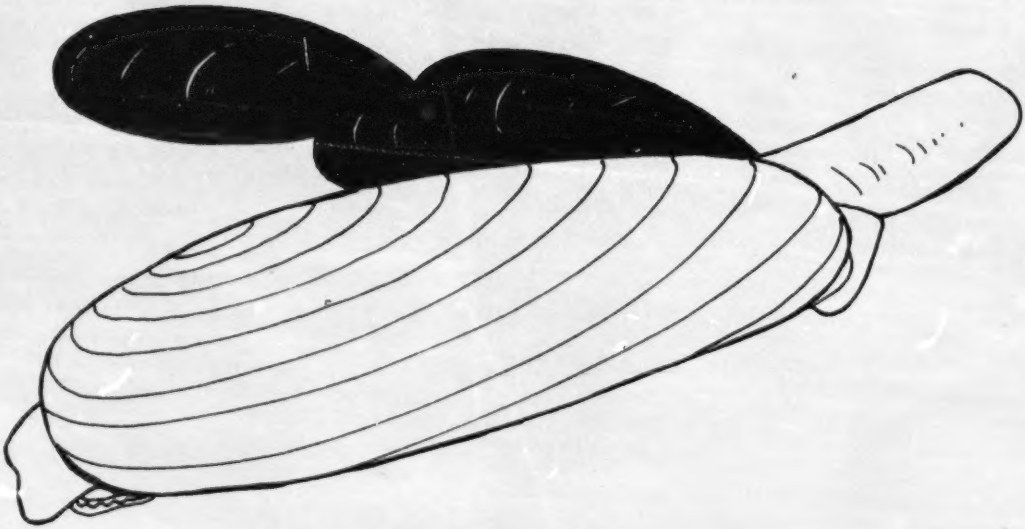
If you have a fresh codfish or a partially dried codfish, you can cook it with seal fat. Put two cups of cold water with salt (rock salt is preferable) in a pot. Add 3/4 cup of seal fat into the same pot. Cook this until the seal fat hardens. Add to this clean fish that has been cut into pieces. Boil the ingredients until the fish is cooked and then serve it.

CHALAS, WAYGIS



Chalas qalgaax̂ kadagaan chugum sinigan hilgil igulgal taaman atxazalgazas. Chalas ix̂txingis qaatunazas itaangis isil haxsil agumis stiklaa ilagaan igul aqadagumis chx̂uux̂s qal agumis qaatunazax̂. Chalam unaĝingis ilax̂tangis iĝamanazas, itaangis chalas haxsil imdangis igul, aqadagumis zaaril asxuunulax suupax̂silgazas.

Waygis ama kyus ilax̂tangis qalgazas, taangam akinagan ilan sasxaĝutal unaligumis agil agungis imdangis igul aqadagumis suupax̂sil asxuunulax zaarilgal, asxuunulax piichim nagan unaĝingis qaatunaaĝutazas.

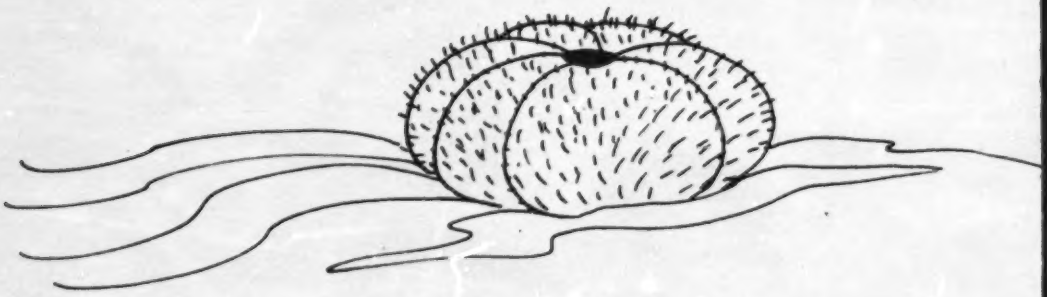


Before we can eat clams, we have to dig them out of the sand. Raw clams are good eating. First you open the clams and clean the mantle. The meat is washed and eaten.

Cooked clams are also good eating. First the clam is cut and all the meat is taken out. Then you can make fried clams or clam chowder.

Blue mussels and brown mussels are also eaten. They are cooked in hot boiling water until the shells open. The meat is taken out and they can be chowdered or fried. The mussles are also very delicious if they are baked in the oven.

AGUĜNAS, KASUQIS AMA CHIIKNAS

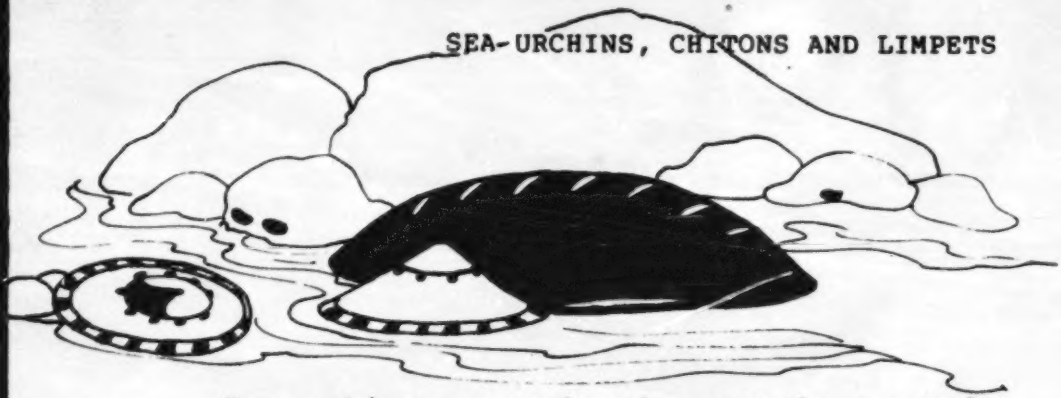


Aguĝnas agux̂ aĝax̂tal aguun, qahngus quchigingis aguĝnas lal aqadagumis ukinax̂ asxuunulax quganam ichaaqidaa sul aguĝnam ngaan six̂iisal haxsil, aqadagumis hawakus imdagan chumnuginangis hutaĝiilal qalgazax̂. Li:dam chumnugidigangis agatingis imdatul qaatunazas, akuĝaan qaxchikdanax̂ liidangis manuuchxuzazaĝulas qaxchikdal agungis saakunal hiilax̂tazas, hagumatal agungis imdatuzaĝulas.

Chiiknas hiilax̂takus, kasuqis liidakus akus qagnangis tungaĝizas. Hagumatakus quganas kugan chitakus ukinax̂ sux̂tal aqitilgal aqadaguun umsuu daĝagaan aqis alaĝum ilaan chx̂uux̂s qalgazas.

Kasuqis hiilax̂takus chiiknas hizax liidakus akus chuniĝix̂ matakus hingayahlii qagnam tungaĝnaa kugan azangis, hagumatakus quganas daĝan chitakus aqis umsungis qalgazangis, hawaan kasuqim achidaa ilax̂taa qagnalĝitalakan aqis qalgazax̂. Hingamatal qai agumis tungaĝix̂ agach mazax̂ mal, ixchiilal aqadagungis taanqam ilan ax̂tal hulaasal agumis tungaĝiqadal agach chaqugiitunazas. Kasuqis unaiqal qalqaaĝutazas, taangam akinagan ilan sasxaĝutal unalgal aqadaguun ngatichx̂isxal aqadaguun chadum angan qalgazas, hingamasxal aguun tungaĝizaĝulas.

SEA-URCHINS, CHITONS AND LIMPETS



Sea urchins are gathered among the seaweeds whenever there is a low tide. They are opened with a knife or a thin stone. The eggs from the sea urchins are scooped out with the thumb and eaten raw. The sea urchins with light color are the ones which are good eating. Those which have a dark color are not very good to eat. They are said to be skinny.

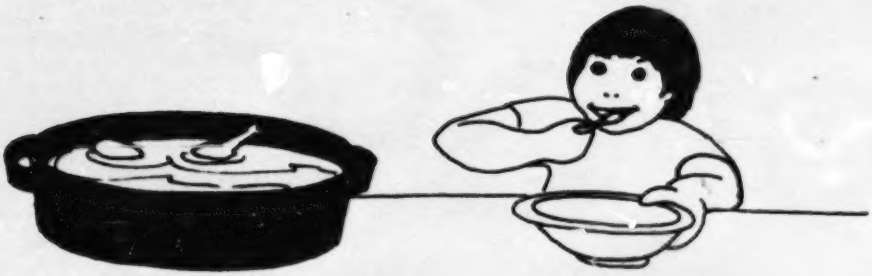
Limpets, in appearance, look something like the chitons but they have more hard shell than the chitons. The limpets are found sticking to the rocks, and they are pried off the rocks with a sharp object. The contents are then taken out and washed in the sea. When they are clean, they can be eaten raw.

As for the chitons, they look something like the limpets but they look as though they have a spine on their back. The rest of the chiton has sort of a gummy-like substance which is eaten after being gathered. First the edge of the chiton is cut, leaving the shell intact. The edges and the main body are the ones which are eaten. Freshly picked chitons are very tough to eat so it is best to soak them in fresh water overnight. This softens them enough to be eaten the next day.

Chitons can also be cooked. First you gather the chitons and cook them in hot boiling water for about an hour. Then let them cool and eat them with seal oil. When eaten this way, the chitons are chewy and soft.

Slum aslaan sas liisnazaĝulas kasamis ama uxchus uhlingis slum aslaan qalgaaguzazas. Saŝ asŝatilgal aguun itaangis hitmilgazaŝ, hitmilgaqadaguun taaman unalgazaŝ. Saŝ hitmiitulakan agumis uxilgazaŝ. Uxilgal aguun sam qachŝii huzuu kugan ihmisxazaŝ, hingamatal aguun qaatunaachxuzazaĝulax. Uxchus hitmiitunalakaĝis mal kalul liisnaalazaĝulas. Kasamis aqatingis isxaĝil sadagikus mal qaatunazas. Sam suupaa agach qaatunazaŝ taangam ilan huĝdaxchŝil ilan anaĝis aĝiitunat ilan aŝs aqadagumis chikungis qanqal aguun igul aqadagumis asuun bultal agumis sam suupaa txin hitizaŝ. Suupaŝsiitulakan agumis piichim ilan unal qangas qalgazaŝ.

Qan'gim aslaan agach sas alanalakaĝis mal ayuxtal qagmangis asxuunulax alaĝum sangis asxuunulax hanim sangis kalulgal qalgamazas. Kasamis matal unalgaaguzanaŝ liidaŝ matal unalgazas.



During the summer, there are hardly any ducks except for eider ducks and puffins. These are edible during that particular time of the year. If a duck is shot, the feathers are first plucked before cooking. The duck has more flavor to it this way. The other way of fixing the duck is to peel the skin off it and then cook the meat. Most people do not like this second method as the duck usually does not taste like it is supposed to taste.

Not too many puffins are killed during the summer because they are pretty difficult to pluck. Eider ducks are prefered because they are fat and bigger than the puffins.

Duck soup is preferred by many people. First of all, the duck is butchered. It is then put in a pot of water. Add some seasoning and let it boil. After a while, add the vegetables.

After the meat is cooked, take it out. Mix flour with water and stir it into the pot to thicken the broth. Your duck soup is ready then to be eaten.

During the winter there are lots of ducks such as the geese, saltwater ducks and the fresh water ducks. These are also shot and eaten. They are prepared the same way as the eider duck. If you do not want duck soup, you can roast the duck in the oven and serve it as roasted duck.